





THE THAI CULTURAL EXPERIENCE

THAI ARCHITECTURE AND TRADITIONAL THAI HOUSE

An introduction to traditional Thai architecture with a visit to Suan Pakkard Palace, which houses an extensive collection of Asian arts and antiques, the Baan Kamthieng, the site of the ethnological museum complete with Northern Thai architecture, and Baan Soi Suan Plu, a collection of five teakwood houses over 100 years old.

Available for a minimum of two persons.

Three working days advance notice is required.

Half-day, THB 7,000 per person



THAI FLOWER ARRANGING AND FLOWER MARKET VISIT

Visit Bangkok's colourful wholesale flower market, which for over a century served as a central exchange for vegetables, fruit, and cut flowers throughout Thailand.

Create fine art by experiencing the skill of Thai flower arranging that dates back 800 years. Guests will learn how to make floral bouquet arrangements, garlands and floral chains.

Available for a minimum of two persons.

One day advance notice is required.

90 minutes, *THB 3,000 per person*Three hours including a flower market visit, *THB 4,000 per person*

FRUIT AND VEGETABLE CARVING

Thai food is often turned into a work of art, particularly fresh fruit and vegetables. For many centuries, fruit and vegetables have been artistically carved into a seemingly endless variety of shapes and forms.

Available for a minimum of two persons. One day advance notice is required.

Two hours, THB 1,200 per person

A WALK INTO BANGKOK'S PAST – THE KUDEE CHIN TOUR

Travel into Bangkok's intriguing past in an exploration of historic neighbourhoods along the Chao Phraya River. Dating back over two centuries, the riverside community has maintained the diverse cultural heritage of three religions. On this three-hour programme that combines travel aboard The Peninsula Bangkok's own boat with a walking tour, you will learn about the unique architecture of the different religions, from Santa Cruz Church to the Buddhist temple Wat Kalayanamit and Bangluang Mosque. The five-hour programme also includes a tour of Klong Bang Luang, The House of Artists, a 200-year-old wooden house renovated and now a gathering place for artists, a Thai Puppet Show and long-tail boat ride.

Available for a minimum of two persons.

Two working days advance notice is required.

Three hours, THB 2,500 per person Five hours, THB 4,500 per person (Thai Puppet Show is not available on Wednesday)



SIAM'S TREASURE

Learn about Thailand's fascinating history at the National Museum and National Art Gallery, which houses the country's largest collection of Thai art and artefacts. Your guide will take you on an intriguing journey from the Sukhothai to the Rattanakosin periods, based on the art pieces and national collections on show in the museums. Gain insight into Thai culture, traditions and beliefs through the telling of stories behind the pieces. Reflect on the ways of life in Thailand and Southeast Asia through the Archaeological and Art History collection.

Available from Wednesday to Sunday and for a minimum of two persons.

Two working days advance notice is required.

Half-day, THB 4,000 per person

THE LIFESTYLE EXPERIENCE

THE SIAM JOURNEY

Experience unrivalled personalised service and unsurpassed relaxation, with The Peninsula Academy's Siam Journey at The Peninsula Spa by ESPA.

Commencing with The Peninsula Tea Ceremony and a relaxing foot ritual, The Siam Journey continues with a workshop on the history and practice of Thai massage and a study of the herbal ball, an essential tool unique to Thai treatments. Guided visualisation will ensure that you are truly relaxed and grounded before you enjoy a 1 hour and 20 minute Thai massage. The therapist's hands, elbows and feet are used to massage pressure points to open the flow of energy, elongate the muscles and release deep-seated tension, while stretching and folding the muscles.

Traditional Thai snacks are offered at the end of the morning, together with a Siam Journey Wellness gift.

This half-day programme, which begins at 9:30 am, takes place in a Spa Suite. Loose garments are provided.

One day advance notice is required.

THB 5,000 per person



MUAY THAI KICK BOXING AND HOLISTIC BODY MASSAGE

Study aspects of this celebrated Thai martial art under the expert guidance of Muay Thai medal-winning boxing champion Khun Dam Srichan. Muay Thai is gaining in popularity around the world as an exciting form of exercise and weight management, in addition to its self-defence role. Your private one hour session with Khun Dam will comprise warm-up exercises, learning and practicing the basics of Muay Thai and cool-down exercises.

Afterwards, spend 30 minutes of deep relaxation in our spa and heat facilities. Following this, enjoy a 1-hour-20-minute Holistic Body Massage at The Peninsula Spa by ESPA, choosing from a Thai, Aromatherapy, Swedish or back, face and scalp massage.

One day advance notice is required.

Three hours, THB 5,000 per person

T H E C U L I N A R Y E X P E R I E N C E



CULINARY JOURNEY

Enjoy an extraordinary dining experience from pre-dinner cocktails to dessert, with the extravagant "Culinary Journey" through the hotel's restaurants and bars, making your celebration at The Peninsula Bangkok even more memorable.

Begin this exquisite experience with a signature cocktail at The River Bar, traditional Thai appetiser and soup at Thiptara, main course with Cantonese dishes at Mei Jiang and dessert at the River Cafe and Terrace.

THB 1,688 per person

THB 2,588 per person including
the nightly Sundown Cocktail Cruise along the Chao Phraya River

(Available Friday-Sunday only)

Advance notice is required before 3:00 pm on the same day.





T H E C U L I N A R Y E X P E R I E N C E

THAI HOME-STYLE COOKING CLASS

Learn the art of Thai cuisine, starting with an option to visit the local fresh market to purchase the ingredients for a step-by-step demonstration. Learn different processes and techniques for the preparation of a selection of four wonderful Thai dishes.

Classes begin at 9:30 am and the programme includes lunch at Thiptara, our Thai restaurant.

Available for a minimum of two persons.

One day advance notice is required.

Half-day, THB 4,000 per person Half-day including a market visit, THB 5,000 per person



BEHIND THE SCENES WITH THE PENINSULA CHEFS

Enjoy a private "Behind the Scenes" experience with The Peninsula Chefs. Start the day with Dim Sum making in the Mei Jiang Kitchen alongside our team of chefs followed by a delicious dim sum lunch.

After lunch, enjoy working with the pastry team making chocolates or macaroons followed by a kitchen tour.

One day advance notice is required. Classes begin at 10:00 am until 3:00 pm

Half-day including lunch, THB 6,000 per person

T H E P E N I N S U L A E X P E R I E N C E



CHINESE COOKING CLASS THE ART OF DIM SUM

Join Mei Jiang's Dim Sum Master
to learn different techniques for a hands-on experience
in dim sum making.

Available for a minimum of two persons.
One day advance notice is required.

Classes begin at 10:00 am and the programme includes
a dim sum set lunch at Mei Jiang.

Half-day, THB 3,000 per person



THAI TRADITIONAL DESSERT MAKING

The class will begin with a brief introduction to Thai desserts followed by a demonstration and finally hands-on preparation. In a short time guests will be able to prepare their own Thai desserts.

Available for a minimum of two persons.

One day advance notice is required.

Three hours, THB 2,000 per person

THE PENINSULA KIDS ACADEMY

JUNIOR CHEF

A great programme to give your child an opportunity to explore their cooking talents with a choice of creating and decorating pizzas, cookies, brownies and cup cakes.

Available for a minimum of two children.

One day advance notice is required.

Two hours, THB 1,500 per person
The Junior Chef uniform is also available for purchase
at additional THB 2,900 per set.



DIVA FOR A DAY (GIRLS ONLY)

A diva's day would naturally start with a trip in a chauffeur-driven BMW 7 Series to Bangkok's shopping paradise, Siam Square. Your daughter will discover an amazing shopping place for a stylish outfit, followed by a new hairstyle and manicure....a star is born!

Available for a minimum of two children.

One day advance notice is required.

Four hours, THB 5,000 per person

Price includes transportation, refreshment and a staff escort.

Other expenses will be on guest's own account.

Children must be accompanied by a parent or guardian.

RESERVATIONS AND INFORMATION

For booking, rates and further information, please contact the Concierge Desk or e-mail us at pbk@peninsula.com.

The Peninsula Academy activities requires advanced reservations for all programmes. The hotel reserves the right to cancel the Sundown Cocktail Cruise which is included in the Culinary Journey programme due to any unforseen events and weather conditions.

All prices are per person and include service charge and local government tax. Cancellations must be made at least 48 hours in advance, or we regret that a 50% cancellation charge will apply. All Peninsula Academy classes are conducted in English, but an interpreter can be arranged, if required, at an additional cost.

THE PENINSULA

BANGKOK

333 Charoennakorn Road, Klongsan, Bangkok 10600, Thailand Tel: (66-2)861 2888 Fax: (66-2)861 1112 Toll-free: (001-800)2828 3888(From Thailand) E-mail: pbk@peninsula.com Website: peninsula.com/bangkok

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